



Safety Spot

Community Risk Reduction

# AVOID THE ICE



## STAY OFF THE ICE!

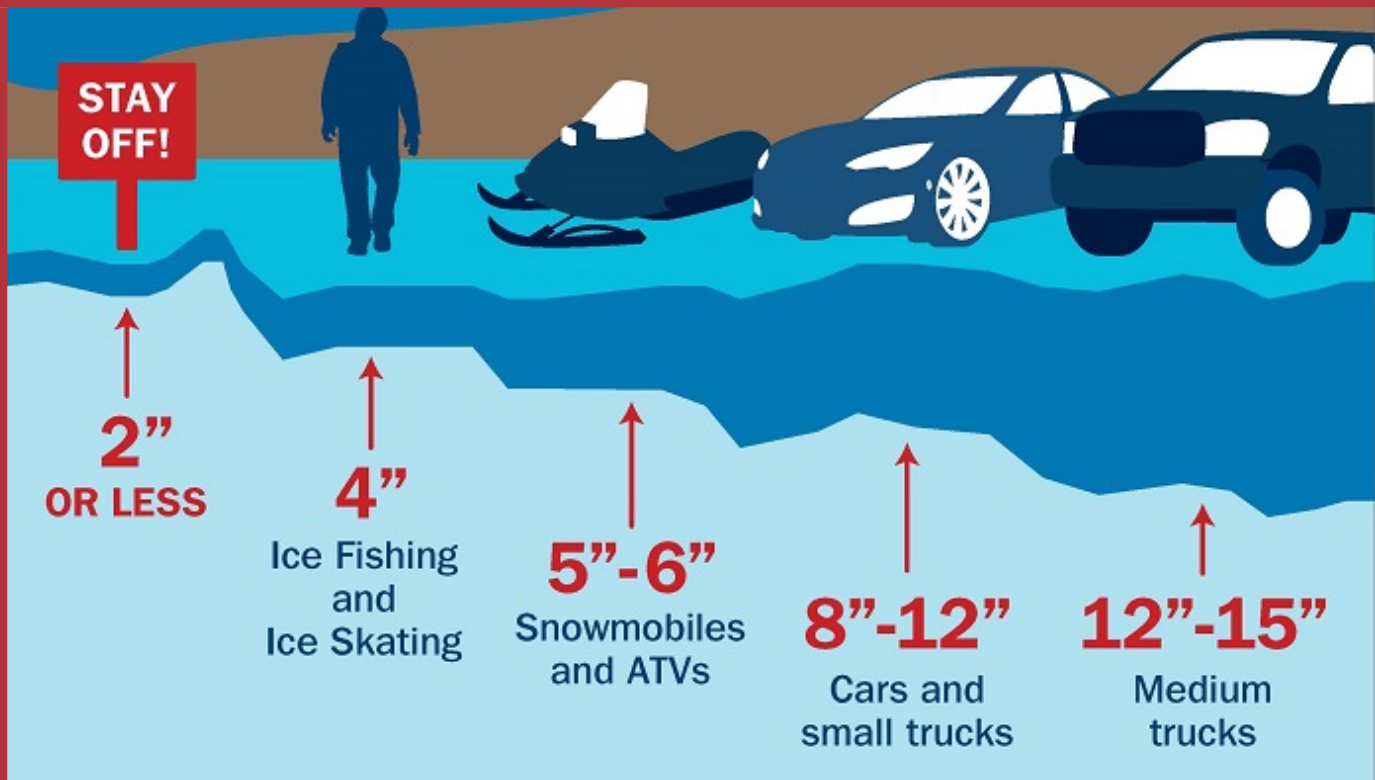
As winter is upon us and our favorite lakes and ponds have frozen over, the Colorado Springs Fire Department asks you to stay off the ice. With the fluctuating temperatures during the winter season, the ice on these lakes and ponds can be very unstable.

The most tragic injuries are those that could have been prevented so please avoid the ice. The safety of our community is our top priority. All CSFD firefighters are well trained in ice rescue and will always respond in your time of need.

Make sure that if you choose to go out on the ice, you know how to carefully check ice conditions and know what to do if you fall through the ice. If you fall through the ice and cannot get out of the cold water by yourself, take the appropriate actions to extend your survival time while waiting to be rescued. Make sure you stay calm and do not attempt to swim as swimming will cause your body to lose heat much faster than if you stay as still as possible. Use a whistle to attract help.

## SAFETY TIP:

Always keep your pets on a leash around any frozen bodies of water and **NEVER** attempt to go out to rescue them if they are stranded.



## Action Steps You Can Take:

- ☐ Remember you ALWAYS take a risk if you go out on the ice.
- ☐ Stay off lakes & ponds that have frozen over as the ice can be unstable.
- ☐ Always keep your pet on a leash around the ice and NEVER attempt to rescue your pet if they fall in, call for help.
- ☐ NEVER go out on the ice alone, make sure you have someone there that can call for help if you fall through.
- ☐ Stay away from cracks, seams, pressure ridges, slushy areas and darker areas that signify thinner ice.

### ICE THICKNESS SUPPORT:

- ☐ 4 inches of ice can support 200 pounds (one person)
- ☐ 5 inches of ice can support 800 pounds (one snowmobile)
- ☐ 7 inches of ice can support 1,500 pounds (group of people)
- ☐ 8 inches of ice can support 2,000 pounds (small car)